

INFLUENZA SEASON AHEAD!

2015-2016 Influenza Information



Hamilton County Health Department
Health Education Division
www.hamiltoncounty.in.gov

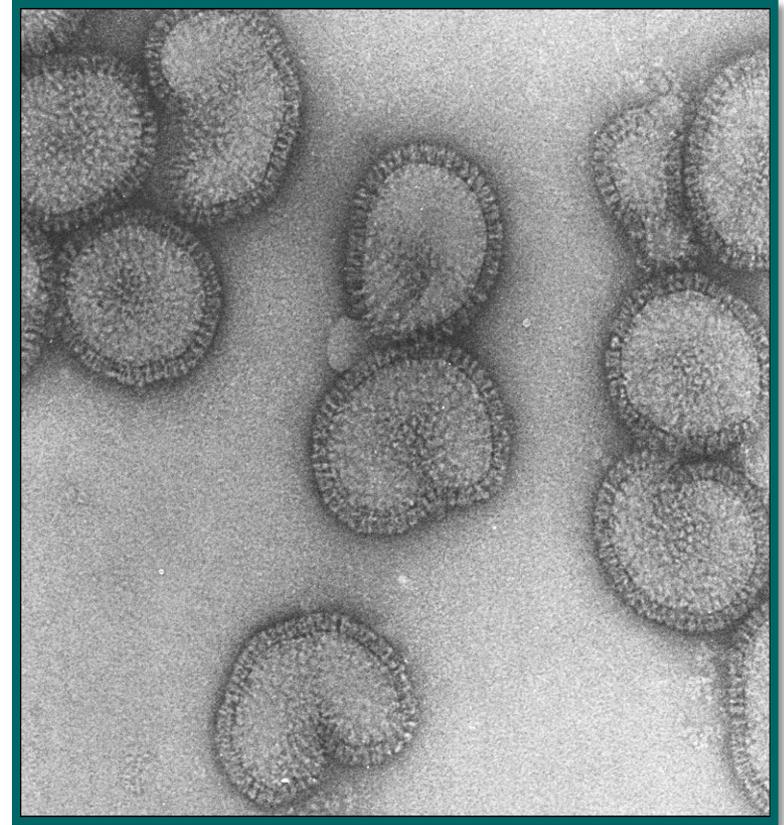
The Reader Will Be Able To...

- List three symptoms of influenza.
- Describe three ways influenza can be transmitted.
- Name three types of influenza vaccines.
- Identify three reasons why people can not receive the influenza vaccine.
- Recall three ways influenza u can be prevented.



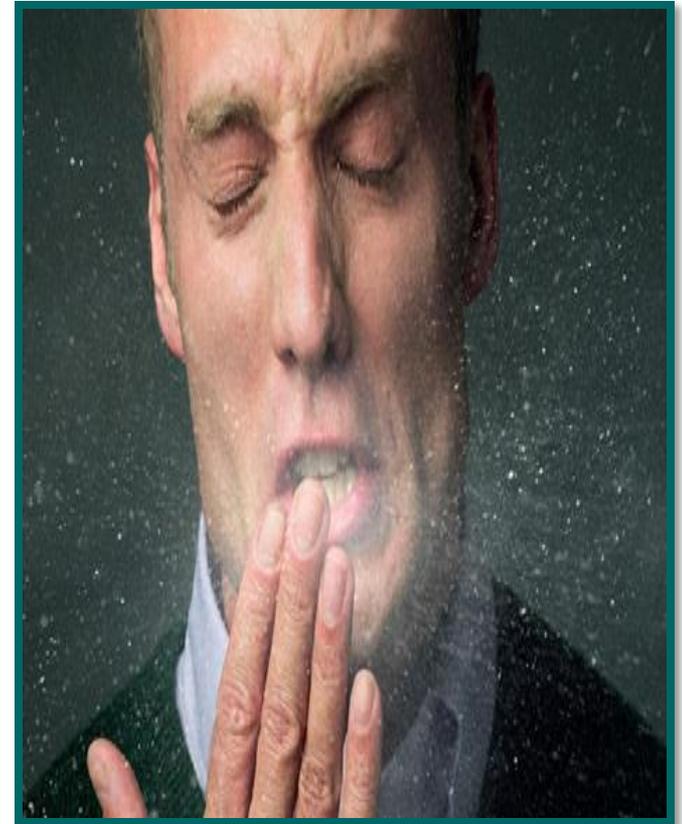
Influenza Information...

- Influenza is a contagious respiratory illness caused by influenza viruses that infect the:
 - Nose
 - Throat
 - Lungs
- It can cause mild to severe illness, and at times can lead to death.
- Influenza is also called the flu.



How Is Influenza Transmitted?

- Influenza is spread mainly by droplets made when people with flu cough, sneeze or talk.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
- Less often, a person might also develop influenza by touching a surface or object that has virus on it and then touching his or her own mouth or nose.
- People with influenza can spread it to others up to about **6 feet away**.



Period Of Contagion...

- You may be able to pass influenza on to someone else **before** you know you are sick, as well as while you are sick.
- Most healthy adults may be able to infect others beginning 1 day **before** symptoms develop and up to 5 to 7 days **after** becoming sick.
- Some people, especially young children and people with weakened immune systems, might be able to infect others for an even longer time.



Signs and Symptoms of Influenza...

- People who have influenza often feel some or all of these symptoms:
 - Fever or feeling feverish/chilled
 - Cough
 - Sore throat
 - Runny or stuffy nose
 - Muscle or body aches
 - Headaches
 - Fatigue (very tired)
 - Some people may have vomiting and diarrhea, though this is more common in children than adults.
- It's important to note that not everyone with influenza will have a fever.



When Does Flu Season Start ?

- Seasonal flu activity **usually peaks in January or February**, but it can occur as **early as October** and as **late as May**.
- The best way to prevent the flu is by **getting a flu vaccine each year.**



Is The Stomach Flu Influenza?

- Many people use “**stomach flu**” to describe illness with nausea, vomiting or diarrhea.
- Many different viruses, bacteria, or parasites can cause these symptoms.
- While influenza can sometimes cause vomiting, diarrhea, and nausea—more commonly in children than adults — these problems are rarely the main symptoms of the flu.
- **The influenza is a respiratory disease and not a stomach or intestinal disease.**



Cold Or Flu

Symptoms	Cold	Flu
Fever	Rare	Usually, can last 3-4 days.
Headache	Rare	Common
General aches and pains	Slight	Usual; often severe
Fatigue, weakness	Sometimes	Usually; can last up to 2 to 3 weeks
Extreme exhaustion	Never	Usually; at the beginning of the illness
Stuffy nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore throat	Common	Sometimes
Chest discomfort, cough	Mild to moderate; hacking cough	Common; can become severe

People At High Risk For Developing Influenza...

- Children under the age of 5, but especially children under the age of 2 years old.
- Adults 65 years old and older.
- Pregnant women
- Residence of nursing home and other long-term facilities.
- American Indians and Alaskan Natives



Other Groups At Risk For Developing Influenza...

- People who have:
 - Asthma & Lung Disease
 - Heart Disease & Blood Disorders
 - Neurological Disorders
 - Kidney and Liver Disease
 - Diabetes
 - Weakened Immune Systems
 - Morbidly Obese
 - People under the age of 19 who are on long-term Aspirin Therapy.



Groups In Contact With Persons At High Risk...

- People who live with or care for those at high risk for complications from influenza include:
 - Healthcare workers
 - Household contacts of persons at high risk for complications from the flu.
 - Household contacts and out of home caregivers of children less than 6 months of age (these children are too young to be vaccinated).



Who Needs To Be Vaccinated...

- **Everyone** should receive a influenza vaccine for the 2015-2016 flu season!
- Unless the person:
 - Is under six months of age.
 - Or has a severe egg allergy.



Who Should Not Receive A Influenza Vaccine?

- People who have a severe allergy to chicken eggs.
- People who have previously had a severe reaction to an influenza vaccination.
- People who developed **Guillain-Barré Syndrome (GBS)** within 6 weeks of getting an influenza vaccine.
- Children less than 6 months of age (influenza vaccine is not approved for this age group).
- People who have a moderate-to-severe illness with a fever (they should wait until they recover to get vaccinated.)



When Should I Get My Influenza Vaccine ?

- CDC recommends that influenza vaccination begin as soon as vaccine becomes available in the community and continue throughout the flu season.
- It takes about **two weeks after vaccination** for antibodies to develop in the body and provide protection against influenza. Influenza season can begin as early as October.



The Influenza Vaccine...

- The single best way to prevent influenza is to get a vaccine each season.
- There are two types of influenza vaccine:
 - Inactivated = IIV (Killed)
 - Live = LAIV (Weakened)
- There are several ways that the influenza vaccine can be given.



Special Consideration...

- People who have ever had a **severe allergic reaction to eggs**, or who have a severe allergy to any part of this vaccine, may be advised not to get vaccinated.
- People who have had a mild reaction to egg—that is, one which only involved hives—may receive the influenza vaccine with additional precautions.
- Check with your health care provider if you have a allergy to eggs.
- Most, but not all, types of flu vaccine contain small amounts of egg.



Trivalent Flu Vaccine...

- Trivalent Influenza Vaccine :
 - Contains **two** different influenza type A strains and **one** influenza type B strain.
 - (HA) derived from an A/California/7/2009 (H1N1)-like virus.
 - A/Switzerland/9715293/2013 (H3N2)-like virus.
 - B/Phuket/3073/2013-like (Yamagata lineage).

Influenza Vaccine
For
2015-2016
Flu Season

Quadrivalent Flu Vaccine...

- Quadrivalent Influenza Vaccine:
 - **Two** different influenza type A strains and **two** influenza type B strain.
 - (HA) derived from an A/California/7/2009 (H1N1)-like virus.
 - A/Switzerland/9715293/2013 (H3N2)-like virus.
 - B/Phuket/3073/2013-like (Yamagata lineage).
 - B/Brisbane/60/2008-like (Victoria lineage) virus.

Influenza Vaccine
For
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Flu Season

The Inactivated Influenza Vaccine ...

- Influenza Vaccine:
 - Inactivated vaccines (**containing killed flu virus**) that is given with a needle.
- Influenza Vaccine For People Over 65 Years Of Age:
 - A high-dose vaccine for people **65 and older** which is also given intramuscularly.



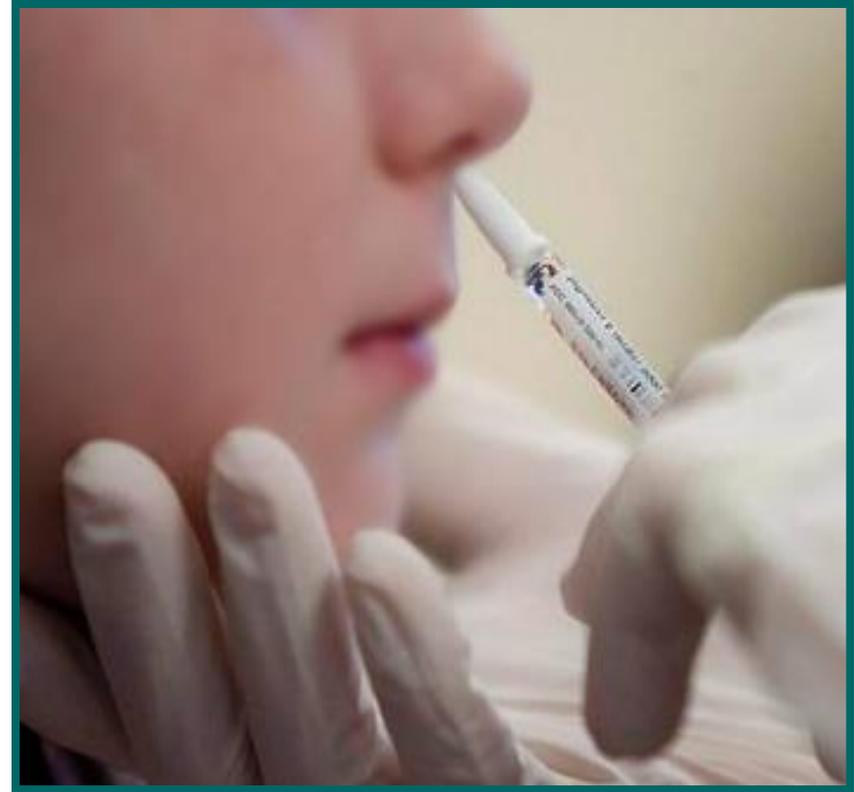
Inactivated Influenza Vaccine...

- An intradermal vaccine for **people aged 18 to 64 years** which is injected with a shorter needle into the “dermis” or skin.
- If you are interested in this vaccine, contact your health care provider.



Live Attenuated Influenza Vaccine...

- FluMist®:
 - A vaccine made with **live, weakened flu viruses** that is given as a nasal spray (sometimes called LAIV for “Live Attenuated Influenza Vaccine”).
- This **vaccine does not cause the flu.**
- Live Attenuated Influenza vaccine is approved for use in **healthy people and who have no contraindications or precautions who are not pregnant.**



Who Should NOT Receive Live Attenuated Influenza Vaccine...

- People who are under 2 years old or over 49 years old.
- Children age 2-17 years old who are receiving aspirin therapy
- People who have had a severe allergic reaction after the flu vaccine in the past.
- Pregnant women
- People with weak immune systems
- Children ages 2-4 years old who have asthma or who have had a wheezing episode noted in their medical records within the past year.
- People who take care of people who are severely immunosuppressed.

Children And Influenza Vaccine...

- Older children need one dose of the flu vaccine each year.
- Children aged 6 months through 8 years who require 2 doses should receive their first dose as soon as possible after vaccine becomes available, and the second dose 4 weeks later.
- Ask your healthcare provider for more information.



Children Who Should NOT Receive The Live Attenuated Vaccine ...

- Children 2 through 8 years of age should not get a nasal spray vaccine if they:
 - Are getting aspirin therapy, or taking medicines that contain aspirin.
 - Have a weakened immune system (immunosuppression).
 - Have a history of egg allergy.
 - Have had asthma or wheezing during the last 12 months and are 2 through 4 years of age.
 - Have taken influenza antiviral medications (for example, Tamiflu® or Relenza®) within the last 48 hours.



Influenza Vaccine For People Allergic To Eggs...

- For people who are allergic to eggs, contact your allergists.
- Some allergists may have influenza vaccine that does not contain eggs.
- The vaccine that does not contain eggs is called Flublok®.



What Are The Side Effects Of The Influenza Vaccine ?

- Mild side effects include:
 - Soreness, redness, or swelling at the vaccination site
 - Hoarseness, cough
 - Red or itchy eyes
 - Fever, body aches and fatigue
 - Headaches
 - Itching



If these symptoms do develop, they begin soon after vaccination and last 1-2 days.

What Are The Side Effects Of Live Attenuated Vaccine?

- FluMist® is made from a weakened virus and **DOES NOT** cause the flu.
- The vaccine can cause mild symptoms in people who receive the vaccine.
- The mild symptoms include:
 - Runny nose, nasal congestion
 - Cough, sore throat, wheezing
 - Chills, tiredness/weakness
 - Abdominal pain, occasional vomiting or diarrhea.



How To Prevent Influenza...

- Avoid close contact:
 - Avoid close contact with people who are sick.
 - When you are sick, keep your distance from others to protect them from getting sick too.
 - Cover your mouth and nose with a tissue when coughing or sneezing.



How To Prevent Influenza...

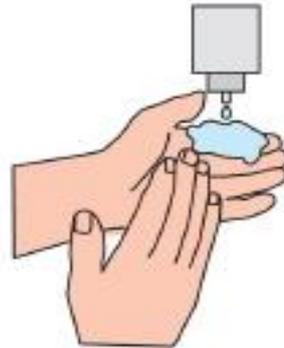
- Wash your hands.
 - Washing your hands often will help protect you from germs.
- Avoid touching your eyes, nose or mouth.
 - Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
- Practice other good health habits.
 - Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.



How To Wash Your Hands...



1. Wet hands



2. Use liquid soap



3. Lather, rub and count to 15



4. Rinse



5. Towel or air dry hands



6. Turn off taps with towel or your sleeve

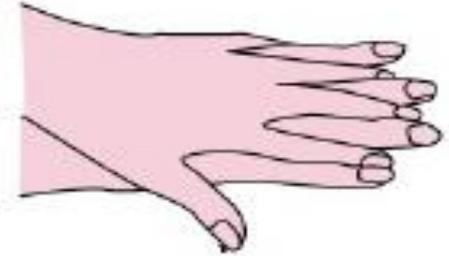
How To Use Hand Antiseptics...



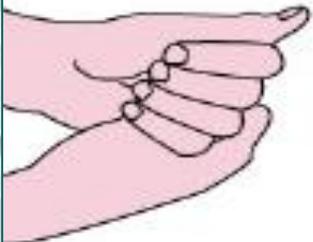
1. Place a drop of alcohol-based hand antiseptic, the size of a dime in your palm.



2. Rub hands together; palm to palm.



3. Rub back of each hand with palm and interlaced fingers of the other hand



4. Rub around each thumb clasped in the opposite hand.



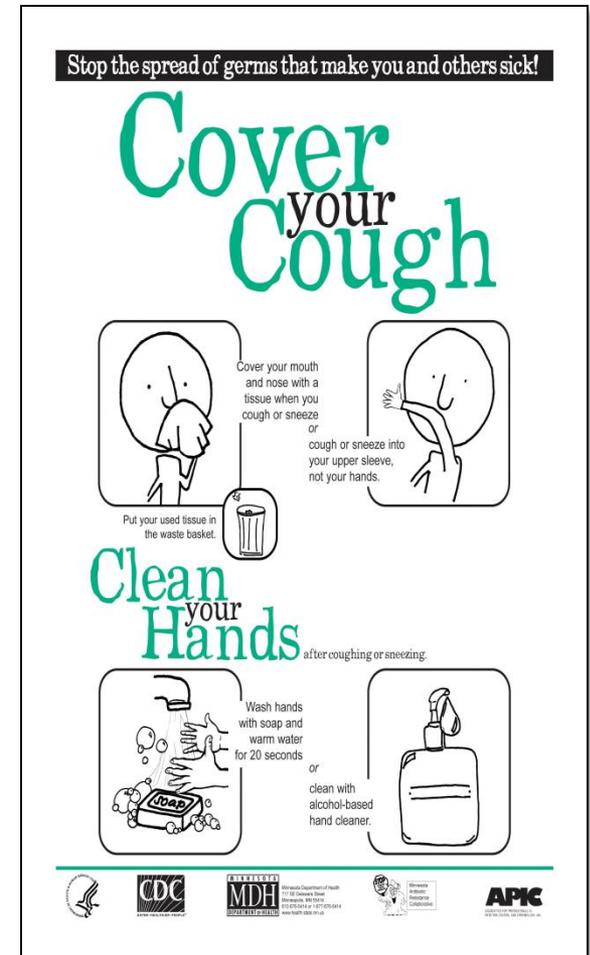
5. Rub fingertips of each hand backward and forward in the opposite hand.



6. Keep rubbing until your hands are dry. Paper towels are not needed

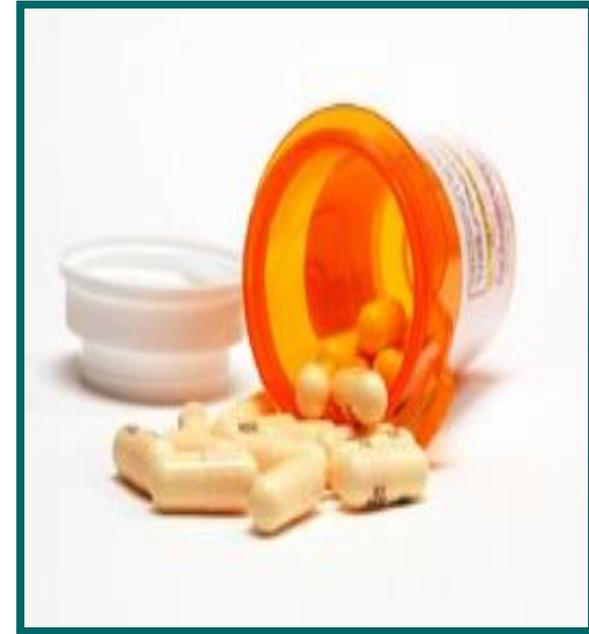
Cover Your Cough...

- Cover your mouth and nose with a tissue when you cough or sneeze.
- Cough or sneeze into your upper sleeve, not your hands, when a tissue is not available.
- Put your used tissue in the waste basket.
- Clean your hands after coughing or sneezing.
- Wash with soap and water or alcohol-based hand sanitizer.



Antiviral Drugs And Flu...

- When used for treatment, antiviral drugs can lessen symptoms and shorten the time you are sick by 1 or 2 days.
- They also can prevent serious influenza complications.
- Antiviral drugs work best for treatment when they are started within 2 days of getting sick.
 - However, starting them later can still be helpful, especially if the sick person has a high risk health condition or is very sick from the flu.
- Treatment with an antiviral drug can mean the difference between having a milder illness versus a very serious illness.
- Developing influenza could result in a hospital stay for people with a high risk medical condition.



Antiviral Drugs And Flu...

- There are three antiviral drugs recommended this season.
- Tamiflu[®], Relenza[®] and Peramivir[®] are usually prescribed for 5 days, although people hospitalized with the influenza may need the medicine for longer than 5 days.



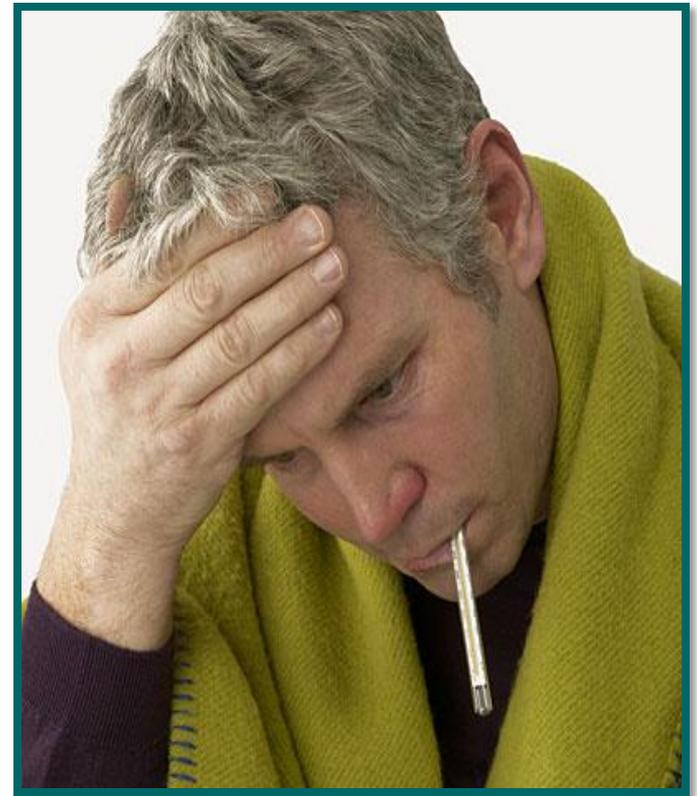
What If I Get Sick?

- Most people with influenza have mild illness and do not need medical care or antiviral drugs.
- In most cases, people who get sick with influenza symptoms should **STAY HOME** and avoid contact with others unless they need medical care.
- If you have symptoms of influenza and are very sick or worried about your illness, contact your healthcare provider.



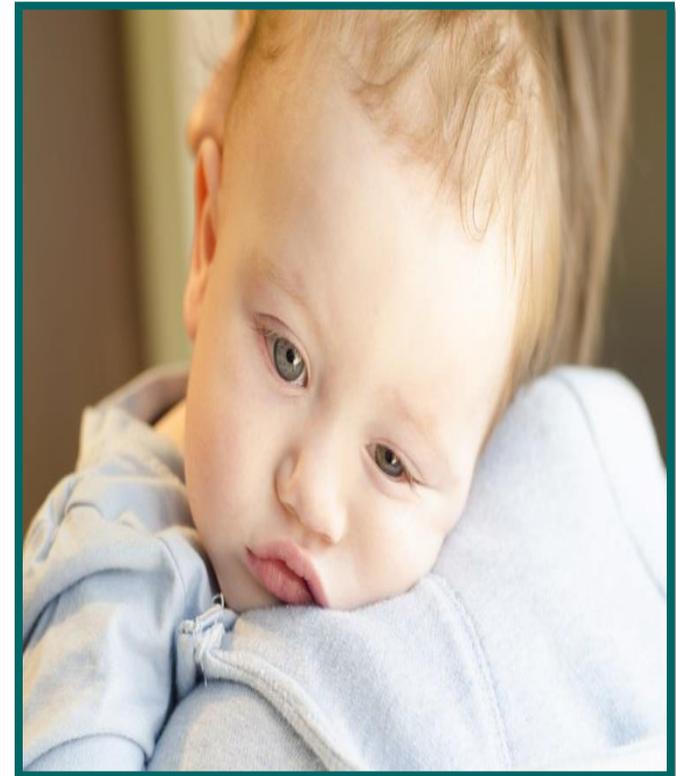
How Long Should I Stay Home ?

- Stay home **for at least 24 hours after your fever has subsided** except to get medical care or do other things no one else can do for you.
- Your fever should be gone without the use of a fever-reducing medicine.
- You should stay home from work, school, travel, shopping, social events, and public gatherings.



Influenza Emergencies In Infants...

- If your infant has any of the following symptoms, call their healthcare provider **IMMEDIATELY**:
 - Inability to eat
 - Trouble breathing
 - No tears when crying
 - Significantly fewer wet diapers than normal



Influenza Emergencies In Children...

- If your child has any of the symptoms below, call his or her healthcare provider **IMMEDIATELY**:
 - Fast or troubled breathing
 - Bluish skin color
 - Not drinking enough fluids
 - Not waking up or not interacting
 - Being so irritable that the child does not want to be held
 - Influenza -like symptoms improve, but then return with fever and worsened cough
 - Fever with rash



Influenza Emergencies In Adults...

- If you have any of the symptoms below, call your healthcare provider **IMMEDIATELY:**
 - Difficulty breathing or shortness of breath.
 - Pain or pressure in the chest or abdomen.
 - Sudden dizziness
 - Confusion
 - Severe or persistent vomiting
 - Flu-like symptoms improve, but then return with fever and worsened cough.



Remember

- Wash your hands!
- Cover your cough!
- Stay home if you are sick!



Sources...

- Advisory Committee on Immunization Practices (ACIP)
- Center For Disease Control and Prevention
- National Institute of Allergy and infectious disease
- Morbidity and Mortality Weekly Report, August 7, 2014
- Vaccine Information Statement “Influenza Vaccine 2015-2016”
- World Health Organization